

## Daily Schedule For 3-Day Zazen Retreat

	<b>Sept 17</b> Saturday	<b>Sept 18</b> Sunday	<b>Sept 19</b> Monday
04:30		Get Up	Get Up
05:00-05:45		<u><b>Zazen</b></u>	<u><b>Zazen</b></u>
05:45-07:00		Free Time	Free Time
07:00-07:40		Breakfast	Breakfast
08:00-08:40		Work Period	Work Period
08:50-09:20		<u><b>Zazen</b></u>	<u><b>Zazen</b></u>
09:20-09:40		Kinhin	Kinhin
09:40-10:10		<u><b>Zazen</b></u>	<u><b>Zazen</b></u>
10:20-11:30		Lecture	Lecture
11:30-12:00		Free Time	Free Time
12:00	Arrival		
12:00-12:40	Lunch	Lunch	Lunch
13:00-14:00	Orientation & Opening Ceremony	Free Time	Closing Ceremony
14:00-14:30	<u><b>Zazen</b></u>	<u><b>Zazen</b></u>	
14:30-14:50	Kinhin*	Kinhin	
14:50-15:20	<u><b>Zazen</b></u>	<u><b>Zazen</b></u>	
15:30-17:00	Lecture	Lecture	
17:00-18:00	Free Time	Free Time	
18:00-18:40	Dinner	Dinner	
19:00-19:45	<u><b>Zazen</b></u>	<u><b>Zazen</b></u>	
19:45-21:00	Bath & Free Time	Bath & Free Time	
21:00	Lights Out	Lights Out	

\*Kinhin is a slow walking.